



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15049, Fish, mackerel, king, raw

Report Date: June 25, 2017 19:47 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 198g
Proximates						
Water	g	75.85	6	0.456	64.47	150.18
Energy	kcal	105	--	--	89	208
Energy	kJ	439	--	--	373	869
Protein	g	20.28	6	0.786	17.24	40.15
Total lipid (fat)	g	2.00	6	0.188	1.70	3.96
Ash	g	1.28	6	0.017	1.09	2.53
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	31	2	--	26	61
Iron, Fe	mg	1.78	2	--	1.51	3.52
Magnesium, Mg	mg	32	2	--	27	63
Phosphorus, P	mg	248	2	--	211	491
Potassium, K	mg	435	2	--	370	861
Sodium, Na	mg	158	2	--	134	313
Zinc, Zn	mg	0.56	106	0.018	0.48	1.11
Copper, Cu	mg	0.026	107	0.001	0.022	0.051
Manganese, Mn	mg	0.005	--	--	0.004	0.010
Selenium, Se	µg	36.5	--	--	31.0	72.3
Vitamins						
Vitamin C, total ascorbic acid	mg	1.6	--	--	1.4	3.2
Thiamin	mg	0.100	2	--	0.085	0.198

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 198g
Riboflavin	mg	0.476	2	--	0.405	0.942
Niacin	mg	8.590	2	--	7.301	17.008
Pantothenic acid	mg	0.839	2	--	0.713	1.661
Vitamin B-6	mg	0.442	2	--	0.376	0.875
Folate, total	µg	8	2	--	7	16
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	2	--	7	16
Folate, DFE	µg	8	--	--	7	16
Vitamin B-12	µg	15.60	2	--	13.26	30.89
Vitamin A, RAE	µg	218	2	--	185	432
Retinol	µg	218	2	--	185	432
Vitamin A, IU	IU	727	2	--	618	1439
Lipids						
Fatty acids, total saturated	g	0.363	--	--	0.309	0.719
14:0	g	0.082	2	--	0.070	0.162
16:0	g	0.242	2	--	0.206	0.479
18:0	g	0.039	2	--	0.033	0.077
Fatty acids, total monounsaturated	g	0.764	--	--	0.649	1.513
16:1 undifferentiated	g	0.118	2	--	0.100	0.234
18:1 undifferentiated	g	0.311	2	--	0.264	0.616
20:1	g	0.122	2	--	0.104	0.242
22:1 undifferentiated	g	0.213	2	--	0.181	0.422
Fatty acids, total polyunsaturated	g	0.460	--	--	0.391	0.911
18:2 undifferentiated	g	0.040	2	--	0.034	0.079
18:4	g	0.090	2	--	0.076	0.178
20:5 n-3 (EPA)	g	0.136	2	--	0.116	0.269
22:5 n-3 (DPA)	g	0.017	2	--	0.014	0.034
22:6 n-3 (DHA)	g	0.177	2	--	0.150	0.350
Cholesterol	mg	53	2	--	45	105
Amino Acids						
Tryptophan	g	0.227	--	--	0.193	0.449
Threonine	g	0.889	--	--	0.756	1.760
Isoleucine	g	0.935	--	--	0.795	1.851

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 198g
Leucine	g	1.648	--	--	1.401	3.263
Lysine	g	1.863	--	--	1.584	3.689
Methionine	g	0.600	--	--	0.510	1.188
Cystine	g	0.217	--	--	0.184	0.430
Phenylalanine	g	0.792	--	--	0.673	1.568
Tyrosine	g	0.685	--	--	0.582	1.356
Valine	g	1.045	--	--	0.888	2.069
Arginine	g	1.214	--	--	1.032	2.404
Histidine	g	0.597	--	--	0.507	1.182
Alanine	g	1.227	--	--	1.043	2.429
Aspartic acid	g	2.077	--	--	1.765	4.112
Glutamic acid	g	3.028	--	--	2.574	5.995
Glycine	g	0.974	--	--	0.828	1.929
Proline	g	0.717	--	--	0.609	1.420
Serine	g	0.827	--	--	0.703	1.637
Other						